

# Be in the Moment

Be Present. Be Well.



## WELL WISCONSIN EMPLOYER NEWSLETTER | SEPTEMBER 2021, ISSUE NO. 9

### PARTICIPANT COMMUNICATIONS

*Here is a list of the Well Wisconsin program communications that are scheduled to send this month.*

**9/23:** Well Wisconsin Radio email

**9/28:** Deadline reminder email

*\*Employees that signed up for the Seize the Zzzs challenge will receive weekly emails from WebMD with reminders and health information.*



***\*content and dates subject to change***

### EMPLOYER SPONSORED ACTIVITY

*The employer sponsored activity program helps you plan health and well-being activities for the employees at your location. Employees that participate can earn well-being credit in the Well Wisconsin program!*



#### **September: S.M.A.R.T. Goals**

*Successful people develop a game plan to help them reach their goals. This month set goals and earn your Well Wisconsin reward before the deadline, October 8th. Those who choose to participate will receive a code to self report their completion on the Well Wisconsin website. For more information, materials, and the code please email [kmulcahey@webmd.net](mailto:kmulcahey@webmd.net)*



## WELL WISCONSIN RADIO

Well Wisconsin Radio is a monthly podcast style program that interviews health and wellness experts from around the state. Participants can get credit for attending live or by listening in to the recording. Click below to register.

**September 28th: Noon to 12:30**

**Topic: Mental Health and Building Resilience**

**Expert: TBD**

**Registration link and details: [HERE](#)**

*\*content and dates subject to change*

## OTHER NEWS

The October 8th deadline for employees to earn their Well Wisconsin incentive is fast approaching! Here are a few ways you can help employees make sure they are getting the most out of the Well Wisconsin program and earning their \$150 reward!

- Have them log into their [Well Wisconsin portal](#) account and check the "Rewards" tab. This will show what they've completed so far and what they still need to do in order to complete the program.
- Direct them to the new ETF [Well Wisconsin Members Page](#)! This page has updates and answers to frequently asked questions.
- Still have more questions? Call WebMD customer service at 800-821-6591.

## JUST FOR FUN

Thanks for reading! We hope you find this newsletter helpful. Like the title says, this section is just for fun! Each month you'll find a joke or meme to hopefully put a smile on your face. Have one you would like to share? Email [mmeinen@webmd.net](mailto:mmeinen@webmd.net).

Thanks to Patricia for sending in this months funny photo!

This monthly newsletter is produced by WebMD. For questions or more information please email [mmeinen@webmd.net](mailto:mmeinen@webmd.net). Participant questions can be directed to customer service at 800-821-6591

Two of the greatest qualities  
to have in life are:



**PATIENCE  
and WISDOM**